

Women's Health Curriculum

1. Introduction

"Women's health issue encompass a broad clinical spectrum for the Board-certified internist ranging from the use of screening tests and procedures to education patients and understanding and practicing prevention to the medical management of acute and chronic illness. During the 1990's, the field on women's health has developed a consistent momentum of its own with the establishment of women's health centers in many institutions around the country. Historically, women's health has been underrepresented in both medical school as well as continuing medical education." (*Core Competencies in Women's Health*, American Board of Internal Medicine)

2. Purpose

Each resident on the Women's Health rotation will acquire:

- a. The knowledge, skills and attitude necessary to provide comprehensive health care for the female patient.
- b. A heightened awareness of the medical, psychological and interpersonal complexities involved in caring for women.
- c. An understanding of treatment of female patients by subspecialists, for example the experience of undergoing a mammogram or breast biopsy.
- d. Proficiency in procedural skills unique to female patients.
- e. Experience with evaluating DEXA results and appropriate treatment.
- f. An introduction to office based procedures performed by general internists (flexible sigmoidoscopy and exercise treadmill testing).
- g. Experience in travel medicine, relating to vaccination recommendations, antibiotic prophylaxis and dietary and safety precautions.
- h. Experience in the administration of Isoniazid as treatment and prophylaxis for tuberculosis.
- i. Experience in the care of the adolescent patient.

3. Training Sites

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Each resident will spend three weeks rotating through specified clinics which provide care to women. See attached sample schedule and point of contact list.

- a. Outpatient Clinics at David Grant Medical Center
 - Internal Medicine
 - Breast Clinic (General Surgery)
 - Gynecology Clinic
 - Youth Clinic
 - Cardiology Clinic
 - Flexible Sigmoidoscopy Clinic
 - Travel Clinic
 - INH clinic
- b. Other David Grant Medical Center Sites
 - Women's Wellness Center/Department of Radiology
 - Nuclear Medicine Department

4. Competencies

Upon completion of the Women's Health rotation, each resident will have a better understanding of the following clinical conditions, including principles of management and indication for referral:

- a. Breast Disease: breast cancer, breast mass, fibrocystic breast disease, breast reconstruction, augmentation and reduction
- b. Counseling: Breast feeding, eating disorders, physical/emotional abuse, pregnancy, sexual assault
- c. Gynecology disorders: abnormal Papanicolaou smear, cervical cancer, endometriosis, fibroids, genital herpes, pelvic inflammatory disease, vaginitis, ovarian cyst, infertility
- d. Pregnancy: nutrition, post partum depression, medical complications, normal physiology
- e. Abnormal pregnancy: emotional impact of abortion/miscarriage, threatened/spontaneous abortion, ectopic pregnancy
- f. Menstrual: amenorrhea, dysmenorrhea, hormone replacement therapy, menopause, premenstrual syndrome, unexplained vaginal bleeding, osteoporosis
- g. Sex-Related: contraception, sexual dysfunction, sexually transmitted diseases, sexuality over the life cycle, sexual preference and identity
- h. Urinary Disorder: incontinence
- i. Procedural skills: fitting of diaphragm, removal of foreign body from vagina, colposcopy (optional), endometrial biopsy (optional), insertion and removal of intrauterine device (optional), office urodynamics

5. Recommended Readings:

Residents will be provided reading to augment and supplement the rotation. See attached reading list.

6. Assessment:

Dr Davis will be responsible for collecting feedback from different preceptors to complete the end of the block evaluation.

GARTH DAVIS, Capt, USAF, MC
Coordinator Women's Health Rotation

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